Educational & Developmental Intervention Services (EDIS)

What is Normal Development?

What we offer:

- Free developmental screening and evaluation for children under age 3

- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital

- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills

- Services delivered at the EDIS clinic, family home, or at the child's daycare

- Resources for parents and children

- Rotating theme-based community playgroups

- Monthly newsletter

Our staff:

- **Dr. Nancy Barber,** Program Manager and Psychologist

- **Jeff Mullins,** Early Intervention Specialist

- **Cheryl Fishman,** Physical Therapist

- **Jenelle Vella-Burton,** Occupational Therapist

- **Jessica Kavanaugh**, Speech Language Pathologist
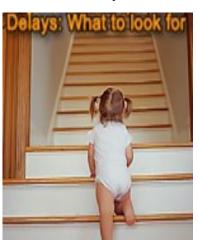
- **Conchita Cuvillo,** Secretary

Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra
Phone: 727-4029

According to the National Institute of Health (NIH), *normal growth* is looked at from 5 categories of development: gross motor, fine motor, sensory, language and social skills. *Normal* is a range; every baby is unique and will progress in skills at their own pace.

Center for Disease Control (CDC) & prevention recommends to Learn the Signs and Act Early. By looking at how children play, learn, speak and act we gain information and can see if they are meeting developmental milestones. These milestones can be a helpful guideline to anticipate when a child may start to walk or use first words along with other skills. Delays in any area *may* signify a problem. The CDC states that 17% of children in the USA have a developmental or behavioral disability. The

CDC advocates for early intervention (EI) services when delays are noted as EI can significantly improve the child's development and help them to reach their maximum potential.

Well-child visits and monitoring growth charts are also stressed by the NIH, CDC and Academy of Pediatrics. A pattern of a child's height and weight growth can provide useful information. Here in Rota, the doctors use the Ages & Stages Questionnaire in conjunction with EDIS to confirm your child is achieving skills as expected.

https://www.nlm.nih.gov/medlineplus/infantandnewborndevelopment.html

Welcome Dr. Marilisa Elrod!

From March 31st– April 7th, EDIS will welcome Dr. Marilisa Elrod to the clinic. She is a visiting Developmental Pediatrician who will be coming to assist our team and support the children in Rota who may have questions to be answered beyond the scope of medical professionals here. EDIS hosts a developmental pediatrician twice per year. Referrals are typically made by the pediatrician, psychologist,

Have questions? See your pediatrician or health team if you think your child may benefit.

Sign Language: Should I use American Sign Language with my Baby?

By using American Sign Language (ASL), people who are deaf can communicate using hand movements, facial expressions and body postures. ASL may have been influenced by French Sign Language but exact origin is unknown.

While we probably do not expect our 'hearing' babies to use ASL as their primary means of communication, there could be benefits to incorporating basic signs early. Signs can be used to decrease frustration and improve positive communication with children who are preverbal or just learning to talk.

Tristan signing ..

... 'book'...   ... 'read'...   ... 'again'

Recommendations to introduce signs to your baby:

- Select opportunities throughout the day to incorporate signs.
- Snack time and play time, to teach to request items or in pretend play
- Always pair a spoken word with the sign when teaching the sign
- Select specific signs (e.g., 'milk') rather than general signs (e.g., 'more')

Research does not show that signing with preverbal children will increase verbal communication; however, it does show improved interaction between children and caregivers and reduced frustration.

Will it keep children from using words: No!!!

There is no research to show that teaching sign language to children will keep them from talking. Using signs gives us the opportunity to teach the power of communication before a child is using words effectively and efficiently.

Want to learn some signs? Check out ASLpro.com

Child Safety

Are you expecting a baby? Will it be your first, second, fourth? Congratulations!!! Are you prepared safety-wise?

Here are some things to think about as recommended by the Center for Disease Control &Prevention and American Academy of Pediatrics:

1) Frequent Hand Washing to prevent germs spreading

2) Babies should be in rear-facing car seat in the backseat.

3) Protect children from second-hand smoke. Do not allow smoking in home or vehicle.

4) When changing your babies clothing or diapers, place hand on baby to prevent falls.

5) Babies should be placed on their backs to sleep to prevent Sudden Infant Death Syndrome (SIDs).

- Remember to do supervised tummy time play when awake & alert.

March Play Group!

Bring your little leprechauns 0-3 and their siblings to EDIS's March Play Group to celebrate St Patty's Day!!!

Wednesday, March 23rd 2:30-4:00

Contact jeff.m.mullins.ctr@mail.mil or call 727-4029 to RSVP!

6) Make modifications to child-proof your house for baby

7) Your baby should not play with items that may cover the face

8) Never carry hot liquids/foods when holding or near your baby

9) Vaccines are important to protect your baby's health. Speak with your baby's doctor to ensure vaccines are up-to-date, as timing is key to preventing some serious diseases children may acquire.

10) When your baby is ready to start eating solids, take care to provide small bites to prevent choking

11) We all get frustrated sometimes, but NEVER shake your baby as this can cause brain injury or death (25% of shaken babies result in death). Instead, count to 10 (or 30 or 100), try deep breathing, or place baby in safe place such as crib and walk a way/take a break.